



Lunch

	Morning Snack	Lunch
Monday	Breadsticks, houmous & pepper sticks Wheat, Milk	Beef Ragu and Jacket Potato Tomato Easy-Yo-Yogurt Milk, Soya
Tuesday	Crumpets with Marmite & Apple Slices Wheat, Milk	Vegetable and Bean Cottage Pie Banana Sponge Gluten, Egg
Wednesday	Fruit loaf & Melon Wheat, Milk, Egg	Sweet and Sour Chicken with Rice Tomato Fruit Jelly
Thursday	Cream crackers with Soft Cheese & Grapes Wheat, Milk	Fish Fingers, Mash Potato and Baked Beans Gluten, Fish, Tomato Apricot Flapjack Gluten, Egg, Milk, Soya
Friday	Cheese straws & Raisins Wheat, Milk	Tomato and Basil Chicken with Broccoli Tomato Raspberry Mousse Milk

Milk / water

Water

- ✓ Breakfast is served at 8am with a choice of cereals, toast and fruit. Breakfast is charged at £1.30 per meal.
- ✓ Lunch is charged at £3.70 and Tea at £2.65 per meal.
- ✓ Snack is included in the session cost.
- ✓ All allergens are highlighted in orange.
- ✓ All meals are adapted for individual dietary requirements, including allergens. For advice please speak to our Nursery Chef or your child's key person.

Afternoon Tea

✓ All of our meals are freshly made by our Chef

	Afternoon Snack	Afternoon Tea
Monday	Ryvita's with Butter, Apples & Sultanas Wheat, Milk	Scrambled egg on toast Wheat, Milk, Egg
Tuesday	Cream Crackers with Butter, Houmous & Celery Sticks Wheat, Milk	Wraps with a Variety of Fillings & Vegetable Sticks Wheat, Milk, Egg, Fish
Wednesday	Cheese Biscuits, Banana & Grapes Wheat, Milk	Beans on toast Wheat, Milk
Thursday	Fruit loaf, Strawberries & Kiwi Wheat, Milk, Egg	Selection of Sandwiches with Salad Wheat, Milk, Egg, Fish
Friday	Breadsticks, Cream Cheese, Orange Wedges Wheat, Milk	Pitta Pizzas with various toppings Wheat, Milk

Milk / water

Water



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION